

**This is your 1<sup>st</sup> STUDY GUIDE so please study!!! The test will be worth 100 points. Remember to look for the SECRET TEST questions on the P.E. Class Web site.**

1. Please list **YOUR P.E.** student number. This is the number you use to locate your grade in P.E. class.
2. Please list **10 games** that we have played in **P.E. class so far?**
3. Please **explain** what **Adduction** is?
4. Please **explain** what **Abduction** is?
5. **Explain** where your **Vastus Muscles** are?
6. When you are **doing push-ups** – **please explain** what muscles are in **Adduction** and **Abduction?**
7. **Please list 5 muscles** that are located in **your upper body?**
8. **What** is the **name** of the **muscle that is located in your upper back?** *[Hint: This is the muscle that you place your hands when playing the Leapfrog game?]* Spelling Does Not Count.
9. **What** is the **name of the muscle** that you are using to do **sit-ups?**
10. **Name [1] muscle** that you use to **jump or walk?**
11. **Spell** both **your P.E. teachers' names.** [Spelling Counts]
12. What is the name of Ms. Salter's dog? [Spelling Does Not Count]
13. What are the names of Mr. Malik's Dogs? [Spelling Does Not Count]
14. **What language** does the **Female PE** teacher speak, other than English?
15. **What language** does the **Male PE** teacher speak, other than English?
16. When the intercom comes on...what should you do?
17. **Name** at least **[1] muscle** that you use to **open a door?**
18. What is the name of the **muscle** that you use to **push, or throw an object away from you?**
19. What is the name of our **student assistant (first name is good enough)?**
20. **List 3 ways** you can earn extra credit in p.e.?
21. **When the whistle is blown TWICE --- you must?**
22. **Name the muscle** that you **sit-on?**
23. List all the student's first names in OUR P.E. class. (**Spelling does not count...yet**).